



Chardonnay Cover-Up

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces wine dry white chilled
- 1 serving ice cubes
- 1 cranberry-orange relish for garnish
- 2 ounces frangelico
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Equipment

Directions

- Fill a cocktail glass halfway with ice.
- Add the wine, Aperol, and bitters and stir to combine. Rub the lemon or orange twist around the rim of the glass, place in the drink, and serve immediately.

Nutrition Facts

PROTEIN 6.53% **FAT 1.76%** **CARBS 91.71%**

Properties

Glycemic Index:57.5, Glycemic Load:5.68, Inflammation Score:-7, Nutrition Score:7.9452175238858%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Hesperetin: 36.15mg, Hesperetin: 36.15mg, Hesperetin: 36.15mg, Hesperetin: 36.15mg Naringenin: 20.5mg, Naringenin: 20.5mg, Naringenin: 20.5mg, Naringenin: 20.5mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 154.56kcal (7.73%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 15.26g (5.55%), Sugar: 13.34g (14.82%), Cholesterol: 0mg (0%), Sodium: 8.47mg (0.37%), Alcohol: 11.68g (100%), Alcohol %: 4.93% (100%), Protein: 1.31g (2.62%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 40.43µg (10.11%), Potassium: 317.62mg (9.07%), Manganese: 0.17mg (8.27%), Vitamin B1: 0.12mg (7.98%), Vitamin B6: 0.14mg (6.76%), Calcium: 64.29mg (6.43%), Magnesium: 25mg (6.25%), Vitamin A: 294.75IU (5.89%), Vitamin B2: 0.07mg (4.08%), Phosphorus: 38.75mg (3.88%), Vitamin B5: 0.38mg (3.79%), Copper: 0.07mg (3.62%), Vitamin B3: 0.49mg (2.46%), Iron: 0.44mg (2.43%), Vitamin E: 0.24mg (1.57%), Zinc: 0.23mg (1.56%), Selenium: 0.77µg (1.1%)